



Scholars Research Library

Der Pharmacia Lettre, 2016, 8 (6):261-268
(<http://scholarsresearchlibrary.com/archive.html>)



Menstrual diseases as stated in canon fil-Tibb

Sepide Miraj¹ and Sara Kiani^{2*}

¹MD, Resident of Obstetrics and Gynecology, Cellular and Molecular Research Center, Shahrekord University of Medical Sciences, Shahrekord, Iran

²Research Assistant, Cellular and Molecular Research Center, Shahrekord University of Medical Sciences, Shahrekord, Iran

ABSTRACT

The aim of present study is to overview vaginal diseases as stated in canon fil-Tibb. Computerized search of published articles was performed using PubMed, Google Scholar, Scopus and Web of Science, Medline data bases as well as local references from 1990 to 2015. The search terms used were vaginal, disorders, diseases, Canon fil-Tibb, Avicenna. Additional sources were identified through cross-referencing. The result of this study was indicated that there are many gynecologic diseases as mentioned by Avicenna's book i.e. canon fil-Tibb as: Amenorrhea (absence of menstruation), Hypomenorrhoea (low menstruation), Dysmenorrhea (painful menstruation), Pre-menstruation syndrome (PMS), Leucorrhoea (vaginal discharge), Menorrhagia (excessive menstruation), and Menopause related problems. While the modern medicine put its emphasis on treating gynecologic disorders through chemical drugs, Iranian traditional medicine, mainly Avicenna, emphasized on traditional, complementary and alternative medicine especially use of herbal medicine in the treatment of such disorders.

Key words: vaginal diseases, traditional medicine, menstruation, canon-filTibb

INTRODUCTION

Anatomy of uterus

Menstruation: If the blood in menstruation is not more or less than normal, menstrual bleeding and the blood flow is completely normal and regular, it is representative of women full health and show that it is free from any injurious material. If normal menstrual blood come on time, it tends to prevent women from excessive sexual desire and increase in her modesty. The period of average normal menstruation is every twenty to thirty days and it is the cause of fertility for women. But if it happens less than twenty or more than thirty days, for example in the fifteenth or sixteenth days, and even in the nineteenth day after menstruation, it is abnormal. If blood flow is diverted from normal menstruation, and it was not normal blood that it usually occurs to the healthy people, may lead to many diseases. Very little happens that menstruation would disrupt the flow of blood but changing the situation of blood happens a lot [1]. If the blood pours out more than normal menstruation, woman become weak or her expression get changed, less becomes pregnant, often subject to abortion, or if deliver the baby, the infant is weak. If menstrual blood stop or come less than normal menstruation, women may be suffering from a variety of diseases of the filling blood vessels and is subjected to all kinds of pus. Besides, women Subject to headaches and pain in other parts of the eye and decrease in senses and loss of emotional and personal senses and fevers, and overflowing of his vessels with water [2].

She will have excessive sexual desire in a way that may incline to prostitution. She could not become pregnant, because her uterus and testicle are corrupt. She may afflict from shortness of breath, palpitations and fainting and may die. She may suffer from vaginal disorders because the stopped blood causes some blockages. She may vomit blood, mostly for maidens occurs and may suffer from bloody diarrhea [3].

This kind of disease is occurred based on the women mizaj as follow: If she has bilious mizaj, suffer from bilious diseases. If she has melancholic mizaj, suffer from melancholic diseases.

If she has phlegmatic mizaj, suffer from phlegmatic diseases. If she has sanguious mizaj, suffer from sanguious diseases.

Some women become menopause within their 35 to 40 years old while some others continue to menstruation up to their 50 years. Stopping Blood flow may assimilate expression of women to that of men. Perhaps menopause occur in women without any cause and without the need of appearance of milk in her breast that is the sign of stopping menstrual blood. Stoppage of Blood menstruation may result from stop twist of menstruation [4].

Female related disorders

Amenorrhea (absence of menstruation)

Hypomenorrhoea (low menstruation)

Pathology and symptoms:

Amenorrhea and Hypomenorrhoea are moist and hot to cold and moist conditions caused either by a phlegmatic imbalance of the pituitary gland and brain or by the inability of the ovaries to respond to these organs. Also due to weakness of the circulation (anemia).

Causes:

The main cause is often a cold and moist imbalance throughout the body or in the brain, pituitary gland, ovaries and uterus, under-active thyroid (hypothyroidism), the excessive intake of diet chart 3, winter, cold environment, excessive intake of cold and sweet foods and dairy products. Anemia, worries, fears and excessive shyness are also possible factors [5].

Dysmenorrhea (painful menstruation)

Pre-menstruation syndrome (PMS)

Pathology and symptoms

Painful menstruation and pre-menstrual syndrome (PMS) is a hot and moist/sanguious imbalance due to an excessive level of estrogen and a low level of progesterone that can give rise to improper circulation and a reduced supply of oxygen to the uterus, ovaries, pituitary gland and brain. PMS affects many women during the three to ten days before menstruation and presents one or more of the following symptoms: abdominal bloating, acne, anxiety, backache, cramps below the navel, headache, breasts tenderness and swelling, sleeplessness, dizziness, fatigue, mood swings, anger, irritability and emotional fluctuations.

Cause: an excessive intake of the diet mentioned in Diet chart 2. hot and humid environment, the excess intake of tea, coffee chocolate, fizzy drinks, alcohol, tobacco, etc. nutritional deficiency, obesity, thyroid problems, lifestyle imbalance, irregular eating habits and a low intake of water [6].

Leucorrhoea (vaginal discharge)

Pathology and symptom:

Leucorrhoea is a thick, whitish vaginal discharge due to a hot and moist/sanguious imbalance in the reproductive organs, occasionally associated with vaginal infection. Symptoms often include burning and itching of the vulva.

Cause:

Hot and humid environment, a hot and moist diet, low intake of water, lack of cleanliness of private parts, including other factors such as pregnancy, improper sexual intercourse, the use of a diaphragm and diabetes[7].

Menorrhagia (excessive menstruation)**Pathology and symptoms:**

Excessive menstruation is a condition due to a dry and hot to hot and dry imbalance. It happens that the woman bleeding from her uterus is excessive and extreme. If this too much bleeding come from the uterus is natural and there is no fear of its consequences, and it is only indicative that nature is cleaning uterus, there is no place to worry. But if bleeding is more than normal and is more excessive then the natural clearing of uterus, the patient should be examined in every respect from [8].

A disease may cause Excessive bleeding and this disease may of the form of uterus or from the blood mode. If the cause comes from blood in uterus, it is likely that the uterus and its venous blood vessels become unable and this disability have some causes as follow:

- 1-ulcer leprosy hemorrhoid itch and crack down.
- 2- Open the mouth of the vessel and torn.
- 3- Losses brought from outside the womb and the body also harm the womb has caught such as:
Hit the ground and so the injured person and the uterus is damaged.
- 4-childbearing an abnormal or difficult it is to give birth.
- 5- Perhaps the pressure of pregnancy.

If not cause the womb and blood state how many are likely to:

- 1-The increasing dominance of blood and the blood that leaps out at a pressure not repulsive force of nature that is in the interest of the holder of the womb.
- 2-It has two modes, though both excess bleeding and excessive are necessary in both the patient and the patient's womb will not stop and will not fail to continue to fall but at the same time different.
- 3-Likely because the body is unable owner womb and blood on the body, which in this case heavy bleeding from the womb, though not too much and not body also makes the burden away
Perhaps because sharp mizaj of blood that flows out of the womb, it does not prevent warping.
- 4- It may be because the blood is very low.
- 5- Perhaps the hot of blood temperament.

Presumably of the water and moisture in the blood is high, but should not be forgotten that whenever and in any case when it starts bleeding anywhere in the body is low and thin and watery [8].

There is then gradually thickens and becomes stiff and While the concentration of affluence and viable, and then little by little richness is on and is less watery.

Because the mouth of the arteries, the blood vessels that are opened first pressure tight duct dilates blood stream and eventually began to dry near the shortness of return and are And any bleeding beyond the womb of the extent feed the appetite of food a pleasure to see the body and limbs are excited face paint an ugly woman, and may be lead edema disease [9].

It is possible that the blood shed matter much sputum and fever melancholic overcome bitter bile in the body of the uterus contains guest.

Blood biting heat flares that matter it was correct to gooseflesh and chills may be affected If the air conditioner's blood was not found on the body, loss of appetite further strengthened its dominance Anemia because your stomach somewhat lost appetite, body heat biting-the-less and less dominant. Since bleeding womb to womb bleeding too much during heavy rain falls.

Cause:

Contributing factors are a hot and dry dominance.an excessive intake of diet chart 1,hot weather/environment, heavily spiced foods, stress, anger, over-active thyroid(hyperthyroidism), the use of certain medication(especially steroids and oral contraceptives),over consumption of junk food, saturated fats, hydrogenated fats, animal products, etc [8].

Excessive bleeding disease**Treatment and menstrual regulation**

If the bleeding was too much and was of the kind that nature repels it or of the kind that results from fullness of uterus and of the kind that the blood exceed the body, its treatment is as follows:

1-should not strive to stop the blood flow unless you're afraid she gets too weak that 2-bloodletting may make up this waiting to continue menstruation. This means that bloodletting returns blood from the uterus and eliminate it in that bloodletting lead the aggregated blood towards a pathway in a opposite direction of previous way. So use a drug that has the analgesic property.

If the cause of khilt is Venus bilious, it should be evacuated by herbs like Thymeand Pomegranate that have discharge property.

If the cause is of watery blood and a lot of water has increased the khilt, it is required to decrease the liquid substance and attract it towards an opposite way. An effective medicine in this regard is Arabic gum and Tragacanth.

If blood menstruation comes from inability of uterus, it can be treated by drugs that despite having the receiving power, tearing khilt and it should be strengthened with drugs that are fragrant and compatible with painful organ of body. If the cause is ulcer in the uterus, its treatment is with drugs that have adhesive and receptive properties and mix with the outpouring substance as drug i.e. compound drugs should be used. If the bleeding results from hemorrhoids in uterus, flax seeds mixed with hot water in menstruation is helpful. It means that treatment should be done when bleeding is stopped.

But if bleeding does not stop, the drugs and treatment should put away. If it is menstruation period, just give importance to decrease and calm down bleeding. After that, put it under the breasts.

Bandage her hands from the wrist to arms and legs from top to toe. Select the big cupping that sucks the vessels. Put it in a place that the uterus and breast vessels both passed from there. Then apply other curative devices and if use cupping between buttocks, it is possible to stop bleeding[10].

Menopause related problems**Pathology and symptoms**

Menopause occurs at the end of the ovulation and menstruation cycle. This period starts between the ages of 40 and 52.this is not a disease but a natural phenomenon in a women s life. During this period the women's temperament shifts slightly from moistness to dryness as a result of a decrease in the production of the estrogen hormone which is eventually so little that menstruation ceases.

This level of dryness in the temperament is different for each individual woman and as this dryness increases the menopausal symptoms becomes more acute. The symptoms are hot flushes, mood swings, anger, irritability, headache, anxiety, fatigue, dizziness, night sweats, shrinkage of the bladder and vagina, vaginal dryness, painful intercourse, low interest in sex or slower arousal time, roughness and aging of the skin, heart palpitations, breast tenderness and insomnia.in the long term women can suffer from cardiovascular disease, osteoporosis and vaginal atrophy.

- **menstruation Stopping and reduction**
- menstrual blood stopping and reduction has several possibilities:
 - 1- The cause is in the uterus.
 - 2- Cause is resulted from involvement of another organ or organs that menstrual organs is closely with related with them.
- In the first case, there are several possibilities:
 - 1- It is due to the uterus disability of obligatory function and it is natural.
 - 2- Or it occur from another aspect for her.
- Several possibilities should be considered .Menstruation blood is blocked and not shed outside.
- 1- Blood does not have power to shed outside.

- The material of menstruation blood is cause of blood blockage.
- Cause is menstrual
- In the first case, low blood force is resulted from 1) cold temperament (either simple or along with substance) or from cold and dry or hot and dry temperaments. And if the cause is in the blood material itself, it comes from
 - If the blood of menstruation is due in the state recently, the blood or blood or both qualitative and is long.
 - If the blood is not long for this is that less blood than necessary (anemia).
 - The patient is not food or lack of food.
- 2- Force the dominant consumer of food in the body, and even if the food is so much to absorb that extra body for menstruation blood does not remain
 - or eating drugs and boring sports body drained of blood by nasal bleeding body. Discharge or bleeding hemorrhoids or blood from wounds and suchlike, and little has been done.
 - If the blood and how long it is not
 - . Blood material from the cold and frigidity is concentrated
- 3-or thick mucus to too much blood is mixed with the material. The state and most of the rest is due to high unemployment and suchlike.
- If blood flow is due to the tool that was created in the tube vessel traffic jams can cause any of the following factors:
 - Heat drying and receiver
 - cold and stiff-overs

Ulcer in the uterus

The cause of ulcer in uterus is either internal that flow lousy material trigger pus discharge or it is external such as damage, or effect of childbearing and so on or comes from wound of removing parts of uterus and wound become surgical tools cause festering wound.

The cause of ulcer whatever it is, it may accompany stink and rot.

Ulcer that occurs in the uterus is several possibilities:

- 1-ulcer may be with the pus and filth.
- 2-there is no pus and filth in the ulcer and it is clean.
- 3- The ulcer may be rooted in the uterus, and depth.
- 4- Ulcer may grow deeply in the uterus.
- 5-It is possible ulcer do not deepen and it is superficial.
- 6- Ulcer may be either with edema or without it.
- 7-ulcer may trigger swelling or not.

Stink uterus

The stench of uterus is one of the doubts of ulcer in uterus and has several possibilities:

- 1-difficult birth or fetal death in the uterus
2. Spicy and bitter drugs that entered into the uterus
- 3- Fiery flow matter and pressure that have a bad effect on uterus.
4. an injury occurred in the uterus and it is rotten.
- 5-the cause of Stink may be close to the mouth of the uterus or may be at the bottom of uterus. it may Have or have not any pus. If this pus is at the bottom of the depth of uterus, different moisture from uterus and it perhaps more similar to that of wine .

Crack in uterus

Sometimes it is likely that the uterus is cracked and it has several causes:

It comes from swelling that is mainly occurring due to childbearing.

Severe dryness occurs in uterus that cause crack in it.

crack in uterus at first has a few aftermath and its remains has some pain .then it became clearer and painful, specifically if the crack is very thick and stiff, and if it is touched, it becomes severely painful and if the crack is healed, its mark will be remained.

Itching in uterus and women Fumarase:

The cause of itching in the uterus includes the following reasons: irritable biting khilt is settled in uterus causes its itching.

Irritation in the uterus can be resulted from phlegm or sputum or salty taste of or sputum x of the matter is that its difference can be concluded from examining dried blood test .it is possible that there is acne outside the uterus that comes out inside of it.

The very irritable hot water caused itching in uterus.

Itching in uterus is likely to make the patient's unable and woman take the habit of playing with her uterus(fersimosis), woman wish further intercourse due to itching in uterus.

Hemorrhoids in uterus

One of the diseases of uterus is hemorrhoid in uterus diseases hemorrhoids. Sometimes it has spread to organs surrounding the uterus and may lead to ruin the pubic bone and the stinking and putrid in the cervix. It is even possible to loss pubes and sometimes likely to create small holes in pubic and likely to spread the hemorrhoids in uterus to perinea and anal muscle.

In some cases, hemorrhoids in uterus can be seen on the surface of the uterus and in some cases, it is inside the uterus and is not visible.

Hemorrhoids may involve all parts of the uterus or it may be only in the cervix.

If the hemorrhoid is occurred in the cervix or mouth of the uterus or infected organs or muscles of the bladder, its treatment is very difficult and disappointing. But in other parts of uterus it is curable, but not easily. Most incurable uterus hemorrhoid is that cause loss of pubes, especially if small holes are appeared in the bone of pubic[10].

Disability and pain in uterus

Disability of uterus has several possibilities:

- 1-sue mezaj or dystemprement
- 2-loosening and weakness of the anatomy of uterus
- 3- Former diseases that have a bad effect on uterus and make it feeble.

The consequences of disabling the uterus are:

- 1-reduce sexual desire in women.
- 2-excessive menstruation and water flowing more than normal and non-menstruation and water flowing
- 3- Not becoming pregnant

Ceylon in uterus

In Some women, there is a special case that moisture and infectious materials exudes from their uterus and sometimes water may leak out of their uterus.

The first reason of exuding watery infectious material is exceed of filling material in uterus and disability of menstrual blood vessels that cannot digest food substance that it occurs while the uterus is putrid. From examination of menstruation blood in a dried tissue or even in fresh state, the essence of evil moisture can be recognized[11].

The second state of exuding water out of the uterus of the woman is that If it is not as a result of sexual desire, it comes from the inability of the patient's uterus and of water vessels i.e. the vessels were loose.in this case, women is very similar to men that his water comes out without sexual desire.

If this is partly along with sexual desire and it is biting and tickling, causes decrease in water richness and intensity of pressure behind it.

Itching may stimulate uterus water and resulted from itching caused water to flow out. a woman who suffer from Ceylon in uterus lose her appetite ,her face were changed or her eye become blur and swollen that in most cases, there is no eye pain, and it is likely that when uterus is painful, eye also get painful[12].

1. Drink lots of water such jams may occur and lead to permanent infertility women.
2. The high stiffness of the arteries to constrict the pipe
3. High fat pipe to the blood vessels, causing menstruation is closed. thick and viscous phlegm stuck in the pipe vessel. may dilatory way blood flow is closed.
4. meat offal and blood vessels can take out pipes come together.
5. ulcer in the uterus and come together and come together in the uterus of the mouth of the vessel is brought to ruin.
6. uterus more than necessary, and the extremism is tilted.
7. uterus has reversed.
8. may have a short cervix during menstruation stop blood come to be effective

Bump eat and the fall of the mouth of the vessel is closed.

The woman is thrown into turmoil after dropping the kids at the menstruation blood and stop blood is brought.

If the stop blood coming menstruation is shared other organs in this stop blood ensue shared several directions:

1. liver incapacitated and unable to send out blood and refining it.
 2. jams occurring in the liver and thus the blood flow from the liver to menstruation tool is closed.
 3. jams throughout the body found. For example, the weight of the body and the blood vessels can cause a nuisance because it causes traffic jams
 4. In the pipe vessel.
 5. Slim body may also be created traffic jams that the effect of drought on the tube body arteries become narrowed or anemia in blood come to menstruation tool does not[13].
- Treatment of everything that it is warmly cold natured temperament how blood production needs moisture up body. Treatment and cure the swelling in the uterus is the uterus hang

Treatment of everything that it is cold natured temperament warm up the body how to produce blood needs moisture cure and cure the swelling in the uterus is the uterus

If opening and closing the vessels that come from me ulcer occurred in the uterus or something like that is very difficult and almost hopeless Slimy .the only cure is to pull out if the blood and drain the body of blood is large Total is not very useful exercise

Here medicines and cures to remember that menstruation blood pressure and the force it out

This treatment, in order of priority are:

1. Saphenous vein and the vein behind the knee and heel strike that vessel should be struck in the knee.
2. cupping the foot and heel. Any action is necessary, especially for obese bodies. Saphenous vein may need to hit the other foot
3. Lower limbs and bandaged, and a few days to let the bandaged.
4. Drugs opening the pores depends on the uterus and menstruation blood Godard to use now.
5. If due to moisture stop mean that the material is collected in the womb of the drug, diarrhea and loss of moisture of the aggregate, and opening a small hole in uterus the order of ten

After the blood loss from menstruation drugs which reduce blood viscosity and tied open-operators sit in the soft and tender plants and shedding of the blood of menstruation blood boiled in water Abzan that these plants are oregano and the like[10].

REFERENCES

- [1]M Tansaz, R Mokaberinejad, S Bioos, F Sohrabvand, M Emtiazy. *Iran J Reprod Med.* **2013**;11(2):167-8.
 [2]S Nikoo, M Ebtakar, M Jeddi-Tehrani, A Shervin, M Bozorgmehr, S Kazemnejad, et al. *J Obstet Gynaecol Res.* **2012**;38(5):804-9.

-
- [3]TH Howell. *Age and ageing*. **1987**;16(1):58-9.
- [4]M Shamsi, F Haghverdi, SC Ashtiyani. *Iran J Kidney Dis*. **2014**;8(4):278.
- [5]SA Jalali, WE Johnson. *Int Neuropsychiatr Dis*. **2013**;1(2):113-47.
- [6]JS Longshore. *The Philadelphia System of Obstetrics*: University Publication Society; **1868**.
- [7]R Jazi, F Asli. *Revue d'histoire de la pharmacie*. **1997**;45(317):9-28.
- [8]HF Nagamia. *JISHIM*. **2003**:1.
- [9]K Azmi, S Hussain. *Bull Indian Inst Hist Med* (Hyderabad). **1994**;24(2):127-68.
- [10]N Islam, M Ishaq, B Bukhari, MK Siddiqui. *JCAS*. **2009**;18(1).
- [11]M Ahmed. *J IMA*. **2010**;28(1).
- [12]F Jabin. *African Journal of Traditional, Complementary and Alternative Medicines*. **2011**;8(5S).
- [13]M Kapur. *Psychological Perspectives on Childcare in Indian Indigenous Health Systems*: Springer; **2016**. p. 89-95.